**Losing Loss**

There was a time when I carried loss with me

Like a branding of burden

Like Atlas,

Shouldering a globe of oceans and dirt

Like a swimmer fighting against the unforgiving tide

On the worst days, like a bear with his paw in a trap

And then I underwent a metamorphosis of sentimentality

Like a mighty bird

Engulfed in feathers and fire,

Born again

Like a sunrise that immediately follows nightfall

Like a climax after the conclusion

It was that moment on the seawall when I lost loss

Like the wasteland wanderer

Finding an oasis

And finally quenching his thirst

Like Odysseus

Turning his bow and arrows towards his kingdom’s suitors

I would never again be controlled by pain

Or undone by disaster

The waves washed over me that day

Like a spiritual disinfectant

And I’ve been smiling ever since that day

I lost loss

And regained me

Pasquale DeMatteo

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